

# PLANNING DE COURS COLLECTIFS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

18H45 - 19H30

HIIT

19H30 - 20H15

CROSSTRAINING

20H15 - 21h15

STRONG

18H30 - 19H15

STRONG ♀

19H30 - 20H15

CARDIO BOXING

20H15 - 21H

STEP

18H15 - 18h45

HIIT

18H45 - 19H30

CARDIO BOXING ♀

19H45 - 20h30

GIGAPUMP

20H15 - 21h00

CROSSTRAINING

18H30 - 19H15

CAF

19H15 - 19H45

CROSSTRAINING

20h - 20H45

GIGASCUPT

18H45 - 19H30

STEP ♀

19H30 - 20h15

HIIT

20h15 - 21h00

FULL BODY TRAINING

10H15 - 11H00

STEP

11H00 - 11H45

CARDIO BOXING ♀

11H45 - 12H30

STRONG ♀

Renforcement

Cardio

Renforcement  
Doux

COURS 100% FEMMES